



OCCUPATIONAL HEALTH

Monthly Newsletter September 2010

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◆ The Annual OH Meeting Targets

New Mexico for 2011: Official dates have not been set yet, but the summer will be targeted again for the annual meeting. Make plans now in your training budget to attend the 2011 annual NASA OH meeting.

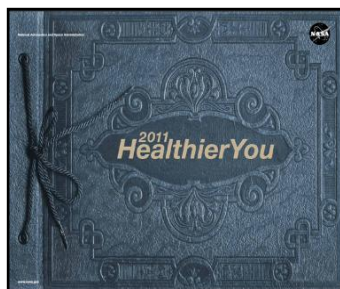


◆ **President's Active Lifestyle Challenge:** As a Federal Agency, and to the extent possible, each Center and component facility should include the [President's Active Lifestyle Challenge](#) as part of our employee fitness outreach activities. The President's Challenge is open to all NASA



employees, and runs August 9 – October 1 this year. Employees track their activity online by using NASA Group ID No. 92287 and the ID Member name UWSNASA. Please contact [Mae Hafizi](#) (321-867-3646) or [Janine Hardin](#) (321-867-2423) if you have any questions.

◆ **EmbodyHealth Update:** The EmbodyHealth web portal has completed its transformation. An added functionality is granting us the ability to post 15 articles to the media window. Two training sessions were provided. If you want to use this functionality please email Mae Hafizi to secure access to the Extranet. A second global email regarding the EmbodyHealth is set for release in September; the goal is to boost employee participation. The [FAQ page](#) has been updated to include Mayo Clinic's extensive security measures to ensure data confidentiality and integrity. We anticipate that the 2011 Healthier You Calendar will be distributed Agency wide before December. Can you guess the theme by the cover?



◆ Welcoming New EAP Staff to JSC and WFF:

Takis Bogdanos, MA, LPC has joined the JSC EAP. Takis has a Master's in Clinical Psychology from the University of Houston-Clear Lake and serves as an Adjunct instructor for Psychology at the University. He has significant experience in conducting individual, family, and group psychotherapy. John Ogram, MD, is the new EAP provider at WFF. Dr. Ogram is a board-certified psychiatrist trained at Georgetown University Hospital in Washington, DC. He has extensive experience in helping clients deal with depression, addictions, trauma, family conflict, anxiety, and mental illness.

◆ **Congratulations to KSC EAP Staff:** The EAP provider team of Patricia Bell, MA, MHC and Walt Hersing, LCSW, received the KSC Gold Quality Dollar Award for their outstanding and proactive support of the center-wide workplace violence program education and outreach. The Gold Dollar Award is given in recognition of



significant contributions to continual process improvement, demonstrated model behavior, or innovative approaches to ensuring customer satisfaction.

◆ NASA GRC Fitness Center Voted Best

Government Gym: The NASA [Glenn Fitness Center](#) was [voted to be the best](#) by Federal News Radio listeners. Among the Federal Agency Gym contenders nominated by listeners were the Department of Education, US Patent and Trademark Office, Government Accountability Office, and the Federal Aviation Administration. Congratulations to the GRC team who operate the Fitness Center, led by Renee Barrett.



◆ Chemwatch Orientation Webinar:

OCHMO continues to provide access to the [Chemwatch](#) online tool and periodically have provided orientation and training on the use of software. At this time Chemwatch is rolling out a new interface and is providing training on this new environment. The second of two sessions is scheduled for Wednesday, September 1. It is scheduled to be a 90 minute sessions (60 minutes presentation, 30 minutes Q&A), and will be presented by [Paul Ruez](#). Contact [Bart Geyer](#) if you would like access to the Web Ex.

◆ **Risk Communication Webinar:** The two part webinar will conclude on September 22, 12:30-1:30. The first session reviewed the principles of effective communication, identifying risk perception and understanding who your stakeholders are. An important starting point is understanding what the end point of the communication is and tailoring the message to that end-point and the needs of those stakeholders. Part two will continue with issues of trust and how to develop effective messages.



◆ **NIOSH Prevention Through Design:** For the September EH ViTS Donna Heidel, Coordinator of the NIOSH [Prevention through Design](#) National Initiative will be speaking. Donna spoke at the recently concluded annual OH Meeting in San Antonio and a number of attendees requested she speak at an upcoming ViTS to allow more NASA EH staff to hear her presentation and the initiative she represents for NIOSH.



◆ NASA OH Center Review Calendar:

- October 26 - 29, Dryden Flight Research Center

◆ Upcoming OH ViTS & Webinars:

- Chemwatch Webinar – September 1, 1:00-2:30 EDT
- EH ViTS – September 7, 1:30-2:30 EDT
- Health Promotion ViTS – September 9, 11:00-12:00 EDT
- EAP ViTS – September 9, 2:30-3:30 EDT
- EHRS Taskforce Webinar – September 16, 11:30-12:30 EDT
- Risk Comm. Webinar #2 – September 22, 12:30-1:30 EDT

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